

LIP – Hyperlipidemia/Dyslipidemias

LIP-AP AP - ANATOMY AND PHYSIOLOGY

OUTCOME: The patient/family will have a basic understanding of anatomy and physiology as it relates to hyperlipidemia/dyslipidemia.

STANDARDS:

1. Discuss the anatomy/physiology as it relates to hyperlipidemia/dyslipidemia.
2. Discuss the changes that occur in blood vessels and other organs as a result of hyperlipidemia/dyslipidemia as it applies to this patient.
3. Explain that hyperlipidemia/dyslipidemia puts patients at higher risk of potentially debilitating cardiovascular disease including heart attack and stroke.

LIP-C COMPLICATIONS

OUTCOME: The patient/family will understand the complications of uncontrolled hyperlipidemia/dyslipidemia.

STANDARDS:

1. Explain that heart attacks may result due to blocked arteries in the heart.
2. Explain that strokes may result due to blocked arteries in the neck or brain.
3. Explain that leg pain and loss of use of legs may result due to blocked arteries in the legs.

LIP-CM CASE MANAGEMENT

OUTCOME: The patient/family/caregiver will understand the importance of integrated case management in achieving optimal health.

STANDARDS:

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

LIP-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH

OUTCOME: The patient/family will understand the impact and influences cultural and spiritual traditions, practices, and beliefs have on health and wellness.

STANDARDS:

1. Explain that the outcome of disease processes may be influenced by choices related to health and lifestyles, e.g., diet, exercise, sleep, stress management, hygiene, full participation in the medical plan. (Stoic Fatalism)
2. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness.
3. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are interactions with prescribed treatment.
4. Explain that the medical treatment plan must be followed as prescribed to be effective and that some medications/treatments take time to demonstrate effectiveness.
5. Discuss that traditions, such as sweat lodges, may affect some conditions in detrimental ways. Healing customs or using a traditional healer may have a positive effect on the patient's condition.
6. Refer to clergy services, traditional healers, or other culturally appropriate resources.

LIP-DP DISEASE PROCESS

OUTCOME: The patient/family will understand potential causes of hyperlipidemia/dyslipidemia and the possible progression to cardiovascular disease.

STANDARDS:

1. Review the causative factors of hyperlipidemia/dyslipidemia (e.g., genetic, DM, thyroid disease, liver disease, kidney disease, drugs) as appropriate to the patient.
2. Explain that lipids are fractionated into HDL (good cholesterol) and LDL (bad cholesterol) and triglycerides.
3. Review the lifestyle factors that may worsen hyperlipidemia/dyslipidemia (e.g., obesity, high saturated fat/carbohydrate intake, lack of regular exercise, stress levels, tobacco use, alcohol intake).
4. Emphasize that hyperlipidemia/dyslipidemias in combination with other risk factors greatly increase the risk of other vascular diseases including heart attacks and strokes.

LIP-EX EXERCISE

OUTCOME: The patient/family will understand the role of increased physical activity in improving/correcting hyperlipidemia/dyslipidemia and will make a plan to increase regular activity by an agreed-upon amount.

STANDARDS:

1. Discuss medical clearance issues for physical activity.
2. Discuss the benefits of any exercise, such as improvement in well being, stress reduction, sleep, bowel regulation, and self image.
3. Discuss obstacles to a personal exercise plan and solutions to those obstacles. Assist the patient in developing a personal exercise plan.
4. Encourage the patient to increase the intensity and duration of the activity as the patient becomes more fit.
5. Refer to community resources as appropriate.

LIP-FU FOLLOW-UP

OUTCOME: The patient/family will understand the importance of follow-up in the treatment of hyperlipidemia/dyslipidemia.

STANDARDS:

1. Discuss the importance of follow-up care, including labwork.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation of the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

LIP-L LITERATURE

OUTCOME: The patient/family will receive literature about hyperlipidemia/dyslipidemia.

STANDARDS:

1. Provide patient/family with literature on the hyperlipidemia/dyslipidemia.
2. Discuss the content of the literature.

LIP-LA LIFESTYLE ADAPTATIONS

OUTCOME: The patient/family will understand the lifestyle adaptations necessary to maintain control of hyperlipidemia/dyslipidemia and develop a realistic plan to accomplish this.

STANDARDS:

1. Emphasize that an important component in the prevention and treatment of hyperlipidemia/dyslipidemia is the patient's adaptation to a healthier, lower risk lifestyle (nutrition, physical activity, tobacco cessation, and stress reduction).
2. Assist the patient to formulate a therapeutic plan which includes stress reduction, diet, exercise, tobacco cessation and medications, as indicated.
3. Review the nationally accepted, current lipid reduction goals and assist the patient to establish a personal goal for lipid control.

LIP-M MEDICATIONS

OUTCOME: The patient/family will understand the purpose, proper use and expected outcomes of prescribed drug therapy.

STANDARD:

1. Review the proper use, benefits, and common or important side effects of the prescribed medications.
2. Describe the name, strength, purpose, dosing directions, and storage of the medication.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions (e.g., CYP inhibitors, grapefruit).
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

LIP-MNT MEDICAL NUTRITION THERAPY

OUTCOME: The patient and family understand the specific nutritional intervention(s) needed for treatment or management of hyperlipidemia/dyslipidemia.

STANDARDS:

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
 - a. Assessment of the nutrition related condition.
 - b. Identification of the patient's nutritional problem.

- c. Identification of a specific nutrition intervention therapy plan.
 - d. Evaluation of the patient's nutritional care outcomes.
 - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

LIP-N NUTRITION

OUTCOME: The patient/family will understand the relationship between nutrition and lipid levels.

STANDARDS:

1. Explain the basics of nutrition therapy and weight management for all patients with hyperlipidemia/dyslipidemia.
2. Explain the how carbohydrates and alcohol use can contribute to elevated triglycerides levels.
3. Discuss the importance of decreasing saturated fats and eliminating trans fats in the diet. Encourage reading food labels including how to identify various ingredients on the labels.
4. Discuss benefits of adding soluble fiber (apples, legumes, oat and bran) and omega-3 fatty acids such as fish oils and flax seed to the diet as appropriate.
5. Refer to a registered dietitian for MNT as appropriate.

LIP-P PREVENTION

OUTCOME: The patient/family will understand ways to prevent hyperlipidemia/dyslipidemia.

STANDARDS:

1. Explain that consuming a diet low in fat and cholesterol, maintaining a healthy weight, and exercising regularly may help prevent hyperlipidemia/dyslipidemia.
2. Assist the patient/family in developing a plan for hyperlipidemia/dyslipidemia prevention (including regular screening for lipid disorders).

LIP-SM STRESS MANAGEMENT

OUTCOME: The patient will understand the role of stress management in lipid disorders.

STANDARDS:

1. Explain that uncontrolled stress can raise lipids and interfere with the treatment of lipid disorders, increase the severity of coronary artery disease, and decrease overall health and well-being.
2. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol, or other substance use as well as overeating, all of which can increase the risk of morbidity and mortality from arterial disease.
3. Explain that effective stress management may help reduce the severity of arterial disease, as well as, help improve the health and well-being of the patient. Discuss examples of various stress management strategies:
 - a. Becoming aware of your own reactions to stress
 - b. Recognizing and accepting your limits
 - c. Talking with people you trust about your worries or problems
 - d. Setting realistic goals
 - e. Getting enough sleep
 - f. Maintaining a healthy diet
 - g. Exercising regularly
 - h. Taking vacations
 - i. Practicing meditation, self-hypnosis, and positive imagery
 - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
 - k. Participating in spiritual or cultural activities
4. Provide referrals as appropriate.

LIP-TE TESTS

OUTCOME: The patient/family will understand the test(s) to be performed, including indications and impact on further care.

STANDARDS:

1. Explain the necessity, benefits and risks of the test to be performed, as applicable, including possible complications that may result from not having the test performed.
2. Explain any necessary preparation and instructions for the test (e.g., fasting).
3. Discuss the patient's goals of therapy and the meaning of the test results, as appropriate.

LIP-TX TREATMENT

OUTCOME: The patient/family will understand the treatment plan for hyperlipidemia/dyslipidemia.

STANDARDS:

1. Discuss that different medications/therapies are used for different forms of hyperlipidemia/dyslipidemia and that development of a treatment plan will involve the patient and the medical team.
2. Discuss the treatment plan including pharmacologic therapy, nutrition, exercise and psychosocial aspects of the treatment plan.
3. Discuss the importance of adhering to the treatment plan, including scheduled follow-up.
4. Refer to community resources as appropriate.